Green Chutney – side dish for dosa



Green chutney is a puree of coriander, mint and curry leaves with the addition of spices and flavourings. Green chutney recipe can be served with dosa, idly and samosa even sandwiches.This chutney has a distinct aroma, delicious and easy to make.

Ingredients

1 bunch fresh mint
1 bunch fresh coriander
Handful of curry leaves
2 or 3 green chillies
1/4 cup of coconut
1 tsp of Tamarind
pinch of asafoetida
3tsp of urad dal

salt and water as needed

To Temper

1tsp of mustard
1tsp of urad dal
Few curry leaves
2tsp of oil

Method

- Cut off roots from the coriander and any thick stalks from the mint and thoroughly wash in a tap water.
- Heat oil in the pan, roast urad dal until golden brown. Add curry leaves, mint leaves, coriander, green chillies, asafoetida, coconut and tamarind after urad dal gets roasted.
- Let it cool for sometime .
- Grind all the ingredients with salt and water in blender until smooth.
- Finally temper it with mustard, urad dal and curry leaves

Basic Information

Prep Time: 10 min
Cook Time: 15 min
Serves: 2 people

Health Benefits of Cilantro

- Acts to increase HDL cholesterol (the good kind), and reduces LDL cholesterol (the bad kind)
- Relief for stomach gas, prevention of flatulence and an overall digestive aid
- Wards off urinary tract infections
- Helps promote healthy liver function.

Health Benefits of Mint

- Mint helps in eliminating toxins from the body.
- Crushed mint leaves helps in whitening teeth and combat bad breath.
- Mint is a very good cleanser for the blood.